



Catholic Family Service

Bay City: (989) 892-2504 Saginaw (989) 753-8446 Mount Pleasant (989) 773-9328

Catholic Family Service is here to support our Catholic School Families as we approach the new school year. We hope that the suggestions below may help you and your child prepare for the upcoming school year and support your child's mental health and wellbeing.

Allow yourself and your child to experience the stress.

Take time to sit and talk with your child about what is bothering them and what can be done to make them feel better.

Keep communication open with your child.

Keeping communication open with your child/children will enable you to recognize behavioral changes or stressors in their life.

Talk to teachers/administrators/staff about concerns.

Have a consistent dialogue with staff regarding your or your child's progress or concerns.

Prioritize time with your child.

Playtime, prayer, movies, dinners, etc will all allow time for families to destress.

Keep old routines and establish new ones.

Children need routines and structure for their well-being. Utilize previous daily routines and incorporate new ones necessary to provide for school protocols. Offer additional choices during these challenging times.

Practice them daily.

Prioritize healthy sleeping and eating habits.

Be Patient

We are all adjusting to a new normal-be nice to yourself and family.